

LOSES TO HEBER

Continued from page one

safe on first on Holmstead's error. C. Murdock gets first on another error by Holmstead, and Stanley and Green first and second and put out by Birk. Bonner out on fly caught by Miller. C. Murdock caught by Miller. Three hits, three runs.

Durrant put out at first as was also Miller and Barratt. No hits, no runs. Ninth inning—A. Murdock safe on first by hit to center garden; P. Murdock makes first on Miller's error; A. Murdock put out on force to second; Giles safe on first. P. Murdock out at second; Nelson safe on hit to left field; Fraughton put out on first from Holmstead to Birk. Two hits, no runs.

Laursen put out at first from Bonner to Fraughton; Homer out at first from Nelson to Fraughton; Birch out at first from Nelson to Fraughton. No hits, no runs.

Summary: Hits—Holmstead, Birk, Snow, Giles, Sweet. Two-base hits—P. Murdock, Sweet. Three base hits—Holmstead, Fraughton. Stolen bases—Holmstead 2. Bases on balls—Off A. Murdock, 2. Struck out—By A. Murdock 8, by Miller 12. Passed ball—Stanley. Wild pitch—A. Murdock. Time of game—1:40. Umpire, Mitchell.

The same day Spanish Fork defeated Provo at Provo by a score of 5 to 6. Keough done mound duty for the Spaniards and struck out 16 Provo men. Kinney pitched for Provo, striking out 9 of the visitors. Bert Page of the Timpis got a home run.

Lehi won their opening game that day from Payson, by a 5 to 7 score. The batteries were: Lehi—Jackson, p., A. Atwood, c. Payson—McBeth, p., Kitchen, c.

The Springville-Midvale game, at Springville proved to be the hardest fought battle of the day, going for 12 innings, with Springville finally winning the game by a 4-5 score.

FOR SALE—Guaranteed S. C. White Leghorn day old pullets, also day old broilers. Utah references. Signed, Eureka Hatchery, James K. Hirst, Prop. 628 D. St., Petaluma, Cal. 28-47

"Y" SUMMER SCHOOL FREE PUBLIC LECTURE

Dean Hugh Woodward, of the summer session of the Brigham Young University, in making up his curriculum and faculty kept in mind the needs of the church in general and Utah County and surrounding stakes in particular. He secured for the first term of the summer school such men as Dr. Edward T. Devine, a specialist on relief work; Dr. Hugh of the University of California, a specialist in the teaching of religious subjects; Prof. John C. Swenson of the B. Y. U. and Supt. Adam S. Bennion. These men, besides giving their regular class work, are arranging to give public lectures that will be especially helpful to the relief workers throughout the stakes of Zion.

It is hoped that all of the people who can will take advantage of this opportunity to come in contact with the most recent thought on these important subjects. The people of Utah County, especially those adjacent to the interurban can easily avail themselves of these lectures.

Besides the course mentioned above, there will be a number of others that will be of interest to the general public. For instance the week from June 12 to 17 has been designated Scout and Beehive week; that of June 18 to 24, Education week, that from June 26 to July 1 Community service week; that from July 3 to 8, as Better Home and Health week. During these weeks, special work in the field mentioned will be given.

Of course, even though these excellent features will be offered, the regular work of the summer school will go along unhindered.

UTAH WEEKLY INDUSTRIAL REVIEW

The clouds of business depression are rapidly disappearing. Report from all parts of country show business revival. When employment commences prosperity returns. General tax reduction must be secured proportionate to drop in cost of living.

Salt Lake—1921 report of Utah Cop-



per Co. shows operating revenues of \$3,375,567, against \$18,902,926 in 1920; total income, 1921, \$782,088; 1920, \$4,924,498.

Tintic mine operations booming as result of recent reductions in smelting costs on slickens ores. Provo—Copper Leaf and Central Standard companies merged; development campaign planned.

Bingham—Utah Copper using 7 steam shovels and producing 200 cars ore daily.

Price—Move under way to irrigate 40,000 acres farm lands.

Vernal—Plans ready for public bldg. \$23,000 appropriated for road and trail work in Wasatch National Forest.

Toquerville—New \$26,000 school completed.

Work progressing on Vernal-Fort Duchesne road.

Contract let for 6.65 miles unsurfaced concrete highway in Cache county.

Eureka—Dragon Con. to resume shipments of iron ore.

Monticello to have cream station.

Mt. Pleasant woolmen receive about \$400,000 for clip.

Payson—5,000 trout to be placed in Payson creek.

Gunnison—Independent Gas and Oil Co. to establish wholesale distributing plant here.

Price—Two shifts working on oil well in Franham dome.

Moab—Another well to be drilled here.

Salt Lake—Plans completed for two U. S. bond ware houses.

Bountiful—Tabernacle grounds being beautified.

Ogden lets paving contract.

Mount Pleasant—Presbyterians to erect \$25,000 brick church.

Utah county valuation drops \$2,239,141 this year.

Utah to get \$1,263, 883 federal road fund after July 1.

Ogden—\$20,000 shoe company incorporated.

Beaver—Plans completed for enlarging city park.

Salt Lake—April building permits total \$330,270.

Jericho woolgrowers sell clip for 40c.

Ogden school budget reduced \$20,000.

Piute county assessed valuation decreases 22 per cent.

Salt Lake—Applications filed to utilize water from Lawry river, Huntington, Little Clear and Tucker creeks for irrigating more than 100,000 acres in Sanpete and Juab counties.

Redmond—Oil well to be drilled here.

Monroe—First car potash shipped.

Salt Lake—Extension of pavement promised for Holiday street. Will cost about \$60,000.

Railroads reduce freight rates \$1.25 per ton on coal shipped from Utah fields to California, effective June 15.

Salt Lake—Little Cottonwood Mining

WINNING ESSAY IN LOTT CONTEST

By Miss Margaret F. Thurman.

The following essay on "Daily Bathing and Bodily Health," written by Miss Margaret F. Thurman, was declared the winner in the contest in the Lehi High School. A number of contestants entered and tried for the honors.

The yearly contest was instituted by M. S. Lott, Plumbing and Heating establishment for the purpose of bettering health conditions in Lehi by interesting pupils in seeking and writing on the subject. As prizes for excellence in the writing a cup was presented to the school by Mr. Lott upon which is engraved the name of the winner in the contest each year. Besides the individual winner is presented with a pin suitably engraved.

Miss Thurman is to be congratulated upon her article and upon her victory in the contest. Her article is produced below:

DAILY BATHING AND BODILY HEALTH

The old saying that "cleanliness is next to godliness," must have had its origin in the feeling of moral elevation which generally accompanies scrupulous bodily purity.

Daily bathing is an important means of keeping oneself in perfect bodily health. Cleanliness is important in avoiding infections, and bathing is necessary for cleanliness. Perspiration leaves a solid material on the skin which combined with the oil from the oil-glands and the dirt from the outside tends to close up the pores and develop offensive odors. For this reason daily bathing is necessary from both a health and a social standpoint.

Baths are generally divided into three classes, depending upon the temperature of the water—hot, tepid, and cold. Each is taken for a definite purpose—the hot for relaxation, the tepid for cleanliness and the cold for the tonic effects.

The hot bath used alone is not as a rule advisable, but under a doctor's direction, it is used in the treatment of certain bodily weaknesses. This bath also serves the purpose of cleanliness more effectively than do other baths, but after it the bather is more susceptible to exposure to cold. Following a hot bath the bather should take a cold shower or a cold plunge; possibly the procedure may be recommended as the most useful and beneficial form of bathing for the great majority of people.

The tepid bath—a bath of a temperature from 85 degrees to 98 degrees—proves a most satisfactory form of bathing, because while it cleanses the surface, it has least internal bodily effects, producing neither fatigue nor over stimulation of the heart action as the hot and cold baths sometimes do.

The cold bath is used mostly for the tonic effects. It is a powerful stimulus to the nervous system, and should be taken when the skin is warm. Upon rising in the morning immediately after muscular exercise, and following a hot bath, it is most beneficial and least likely to produce bad after effects. Dangers from the cold bath arise through the shock to the nervous system and the loss of heat from the body. The bather may

avoid these by using water whose temperature is not too low and by limiting the time spent in the bath. To stay in a cold bath longer than one minute is undesirable, save in a very few exceptional cases; thirty seconds is the usual time while with some people ten seconds should be the maximum. A brisk rubbing with a coarse towel should always follow the cold bath. People past middle age are as a rule not benefited by the cold bath; and those in delicate health, especially if inclined toward rheumatism, are likely to be affected injuriously by it.

The idea of daily bathing is a growing one. This is largely due to the modern conveniences we have compared with those of the people of fifty years ago. Formerly it was necessary for the bather to go to the well and pump the water, then carry it to the house and heat it on the top of a cook stove in kettles or pails. The family wash-tub was then brought into use and because of its smallness the bather had some difficulty in bathing his whole body at once. Then too in the small houses there was some difficulty in securing the privacy needed for bathing.

Now, in the modern times there are unnumbered advantages that assist the person in daily bathing. In many homes now, the water is piped into the house which is supplied with stationary tubs with both hot and cold water. In the larger homes there is oftentimes the convenience of the showers. One can easily see that under such conditions, daily bathing becomes much more a matter of habit. The idea of daily bathing is extended by school equipment. In our modern up-to-date schools, showers have been supplied so that the students coming from the gymnasium floor after taking vigorous exercises, has the pleasure of taking a cold shower so as to prevent chilling of the body if exposed to the cold. Because of the wide-spread knowledge of the close relation which exists between daily bathing and bodily health, our large cities have been supplied with swimming pools. These not only raise the health standard but afford amusement as well.

The world is coming more and more to recognize this close connection between daily bathing and bodily health. As has been stated, the individual bather must of course determine the kind of bath most beneficial to one of his health and vitality. If a definite system is worked out with the proper kind of bath, daily bathing will go far towards raising the general health of each individual and will thus bring the health standard of the community to a higher point.

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Miss Lewisy Loviny Custard—"Plain Sewing and Gossip", ADA NEWMAN
Isabel Perkins—"The Village Belle", SARAH PARKER
Florina Perkins—"Servant Girl", HAYDEE JACKSON
Nancy Findle—"The Widder's Mite", VERA NIELSEN
John Underhill—"The Prodigal Son", LINFORD WERNER
Charley Underhill—"The Elder Brother", LENARD MADSEN
Brother Jonah Quackenbush—"The Elder Brother", JESSE KIRKMAN
Jeremiah Gosling—"A Merry Heart", CLARENCE GRANT
Knock Bone—"An Outcast and a Wanderer", MARTIN NIELSEN
Quintus Todd—"The County Sheriff", MELVIN MADSEN

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